



Parent Resources:

Swaddling:

- <http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/multimedia/how-to-swaddle-a-baby/sls-20076006>

Soothing:

- <http://purplecrying.info/sub-pages/soothing/common-sense-and-well-tried-soothing-methods.php>

References:

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2. 2016. Available at: <http://herbsonthehill.com.au/wp-content/uploads/2011/04/crying-baby1.jpg>. Accessed April 8, 2016.
3. 2016. Available at: <http://www.babyfaq.info/images/swaddling.jpg>. Accessed April 10, 2016.
4. Young J, Gore R, Gorman B, Watson K. Wrapping and swaddling infants: child health nurses' knowledge, attitudes and practice. *Neonatal, Paediatric & Child Health Nursing* [serial online]. November 2013;16(3):2-11 10p. Available from: CINAHL Plus with Full Text, Ipswich, MA. Accessed April 5, 2016.
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Comforting Techniques

Different ways to calm your baby



When you are upset, there are many different ways people may try to comfort you. Some people may hug you, some may be very quiet, and others try to soothe with light touch and a calm voice. Every person responds differently: some comforting techniques work, and others do not. Your baby is just the same! This pamphlet is meant to be a guide for ways to comfort your baby when they are crying or upset.

Q: Why is it important to know how to calm my baby when they are crying?^{6,7}

A: When your baby is very upset and crying, they are more stressed than they normally should be. This can change the way they eat and sleep and the level of stress hormones they have. All of these things can affect healthy, normal growth and development.

Q: How will I know what will work to calm down my baby?

A: Every baby is unique and because of this, different things will calm down every baby. You may have to try several soothing techniques before you find one that works for your baby.

Q: How will I know why my baby is crying?

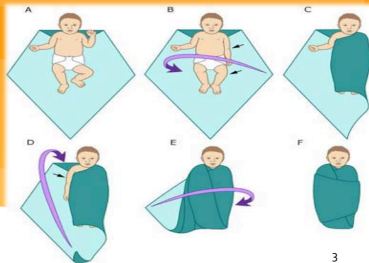
A: Your baby will cry for many reasons but here are some good questions to ask first:
(1) Does my baby have a dirty diaper?
(2) Is my baby hungry?
(3) Is my baby tired?

Here are a few suggestions for ways to comfort your baby when they are crying:

2. Swaddling⁴

Swaddling is a technique of wrapping your baby snugly in a blanket – almost like a burrito! Swaddling works by making your baby feel secure and calm. There are two very important things to be aware of when swaddling your baby: 1. Always make sure they sleep on their back if swaddled; if your baby has learned to roll over, swaddling while asleep is not safe. 2. Be sure that they are not too hot. You'll be able to tell if your baby is overheated if they are sweating or their cheeks are rosy and flushed. The picture below shows how to swaddle your baby. You can also look

at the "Parent Resources" on the back for more information.



1. Noise, light and touch reduction

Sometimes your baby may get upset because they are "over stimulated." This just means that there is too much going on around them and they need everything to calm down. Many times, the NICU is kept pretty quiet with the lights turned down low and the babies are alone in their cribs. All of these things are done so the babies are not over stimulated. Try to calm your crying baby by taking away some of the things "stimulating" them- turn off bright lights, turn off any sounds or noises and either hold them still or lay them in their crib alone.

3. Deep touch pressure⁸

Deep touch pressure is just a way of holding or touching your baby that can have the same effect as swaddling. It calms your baby by making them feel secure. To use this technique, you can hold your baby close to your body or if they are lying down, apply gentle pressure to their body with your whole hand flat. Be careful not to squeeze or push too hard- this is meant to be soothing!



4. Rhythmic motion

Swaying, rocking, bouncing or gently patting may also help to calm your baby. The constant, repetitive motion often relaxes a little one.